

ASHBURN TIMES

AUGUST, 2021

What's new?



LUNCH BUNCH

Our first Lunch Bunch to Silver Diner was a success! There is no better way to get to know someone or just enjoy someone's company than sharing a meal together. That is what Lunch Bunch is all about. Once a month the Ashburn Senior Center offers the opportunity to come together as a group and visit an area restaurant. Transportation is provided from the center for \$1 round trip or you may drive yourself. This month we will visit The Cheesecake Factory on Friday, August 6. Please sign up at the front desk so we may make the appropriate reservations.



ASHBURN SENIOR CENTER

newsletter



Pickleball

One of the fastest growing sports in the U.S., pickleball is a hybrid of tennis, badminton and ping pong. The Ashburn Senior Center now offers open court times for drop-in play Monday-Friday. In addition, we have an instructor led class for beginners on Thursdays from 1:30-2:30 pm. Please check the calendar for open court times for beginner and experienced players.

Lunch & Learn

On Tuesday, August 3rd at 1 pm, we welcome Senior Trip Coordinator, Terry Fleming. Terry will share information about upcoming trips and how to sign up. Please have all your questions ready and join us for this informational meeting. We also welcome Dana Rizzo, RN, BSN, ACM on Wednesday, August 25 from 12:30 to 1:30 pm. The topic of her lecture is Bone Health for Seniors.



Life Long Learning

There are many benefits to life long learning including mental stimulation, social interaction and increased well-being. The Ashburn Senior Center is looking for opportunities to offer classes to it's members and surrounding community. We will have a Life Long Learning Interest Meeting on Tuesday, August 10 at 2 pm to explore options. Please join us if you have ideas or would like to teach.



ASHBURN SENIOR CENTER

newsletter



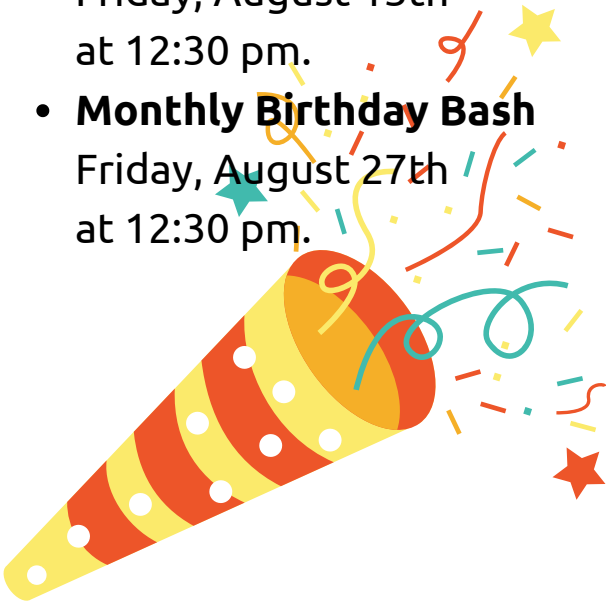
Patriotic Sing-A-Long

Everyone at the Ashburn Senior Center got into the Independence Day spirit as we enjoyed Root Beer Floats and sang patriotic songs.

Our Manager, Ceola Grant, and Assistant Manager, Aris Porras, rocked solos along with several members!

Upcoming Socials

- **Lighting Up Your Life Party**
Friday, August 13th
at 12:30 pm.
- **Monthly Birthday Bash**
Friday, August 27th
at 12:30 pm.



ASHBURN SENIOR CENTER

newsletter



Creative Corner

Indulge your creative side! Even if you don't think you have one, here at the Ashburn Senior Center we offer easy-to-do craft projects that will surprise you non believers.

Last month we created these beautiful Floral Tea Cup centerpieces. Check the August calendar for details.

Current Events Discussion

Join us Fridays at 10 am for a discussion on current events.

Please bring in an article, past or present, that the group may discuss. Our goal at the Ashburn Senior Center is to stimulate a lively conversation about topical events while respecting each individual's beliefs and viewpoints.



**ASHBURN
SENIOR CENTER**

newsletter



Sign-Up with Lori

Our social worker, Lori Stahl, from the Area Agency on Aging will be available to provide services the 3rd Monday of each month from 9am to 12pm. Please sign-up at the front desk for a time slot.

To connect with Area Agency on Aging programs and services, and other community resources, please call **703.777.0257**

**Beginning September 11, 2021
the Ashburn Senior Center
will be open Saturdays
from 8am to 12pm.**

**Also, coming in September
ukulele instruction, ballroom
dancing, Spanish language
classes and more.**



**ASHBURN
SENIOR CENTER**

newsletter



Advisory Council

The Ashburn Senior Center would like to invite residents of our community to consider becoming a member of the Advisory Board. The Ashburn Senior Center Advisory Board partners with the staff to advise and help support programming.

There will be an Advisory Board Interest Meeting on Monday, August 9th at 2 pm.

Help us make the Ashburn Senior Center the best it can be!

Browsing Library

The Loudoun County Public Library System will come and set up a browsing library in our lobby the first Thursday of every month from 11:30 to 12:30 pm starting August 5th. They bring in a selection of large print books, audiobooks, DVDs and magazines for patrons to browse and borrow. Also, they will offer some tech help, downloading books to e-readers, if people need it.

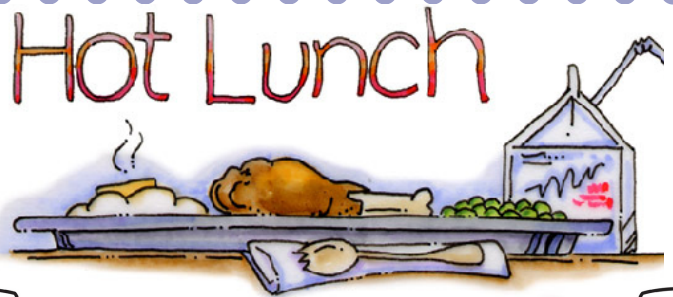


Ashburn Senior Center Lunch & Transportation Service

Please call or sign-up at the front desk 24 hours in advance for lunch and bus reservations. 571.367.8340

Under 60 years old must pay \$4.00 for their lunch
Persons 60 years and older, we encourage you to make a donation in the lunchbox on the counter.

Starting August 1st meals are dine-in only.



For Home-Delivered Meals

*Must be eligible to receive Home Delivered Meals

for more information, call **Debra Mobley** at 703-771-5012



ASHBURN SENIOR CENTER

newsletter

Lights in the Darkness

The romantic allure of lighthouses has endured for centuries. Our love of lighthouses runs so deep that we have preserved and protected 700 in the United States, and even designated August 7 as Lighthouse Day. Our affinity for lighthouses amounts to more than nostalgia for a simpler, bygone era or our attraction to picturesque rocky coastlines. As beacons of light in the treacherous darkness, lighthouses are steadfast symbols of safety and reliability, characteristics that we crave and value above all else.

One cannot appreciate the lighthouse without appreciating the solitary lighthouse keeper. Indeed, the lighthouse and its keeper are so interconnected that we cannot help but imbue the tower itself with human characteristics. Virginia Woolf, the author of *To the Lighthouse*, may have put it best when she said, "Lighthouses are endlessly suggestive signifiers of both human isolations and our ultimate connectedness to each other." For Woolf, lighthouses are monuments to the human condition: the sea of collective humanity consists of drops, individual and unique. We, like lighthouses, exist to shine our light upon others.

Throughout history, no light has shone brighter than the lighthouse known as Pharos of Alexandria. Egypt's lighthouse was both the first and largest of its kind ever built. Rising 330 feet tall, a massive mirror reflected the blazing sun by day, while raging bonfires lit its apex by night. Sailors could spy its light from 30 miles away. Modern lighthouses act as warnings of rocky coastlines or hidden reefs, but Pharos acted as a grand entrance marker to Alexandria's port, a hub of commerce, technological innovation, and free thought. Built in 280 BC, Pharos stood for 1,600 years, earning renown as a Wonder of the World and surviving three earthquakes before toppling into the sea. In a sense, all the world's lighthouses are descendants of that world wonder, and those who study lighthouses and their signal lights are proudly called pharologists, in memory of great Pharos.



AUGUST

Activities

MONDAY

8/2

9-11 AM
Ping Pong
(Multi2)

10-12 PM
Knitting & Crocheting
Club (ART1)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Stretch, Core & Balance
(DAN)

12 PM LUNCH
(Multi1&2)

12-4:30 PM
Pickleball
Open Court
(Multi3)

12:30-1:45 PM
Bingo!
(ART1)

12-1 PM
Intro Line Dancing
(DAN)

1:30-2:45 PM
Beginner Line Dance
(Multi1&2)



TUESDAY

8/3

10 AM
Music in Motion
(DAN)

10-12 PM
Intro to Sewing
(ART1)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART2)

12 PM LUNCH
(Multi1&2)

12-2 PM
Badminton
(Multi3)

1 PM
Senior Trips Informational
Meeting (Multi1)

1:30-4:30 PM
Mahjong
(Multi2)

2 PM
Creative Corner:
"Thar She Blows"
Wind Chimes
(ART1)

2-4:30 PM
Beginner Pickleball
(Multi3)

WEDNESDAY

8/4

9-12 PM
Beginner Pickleball
(Multi3)

9-11 AM
Ping Pong
(Multi2)

10-11:30 AM
Canasta & Mexican
Train
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART1)

11 AM
Tai Chi
(DAN)

12 PM LUNCH
(Multi1&2)

12-4:30 PM
Pickleball
Open Court
(Multi3)

12:30 PM
Matinee Movie:
Bull Durham
(CLUB)

1 PM
What Am I?
Trivia
(ART2)

1:30-4:30 PM
Poker
(Multi2)

THURSDAY

8/5

9 AM
Walking Club
(LOB)

9-1:30 PM
Pickleball
Open Court
(Multi3)

10-11 AM
Blood Pressure Check
Wellness Rm

10 AM
Conversational
Spanish
(ART2)

10-11:30 AM
Scrabble
(Multi2)

11 AM
Chinese Folk Dance
(DAN)

11 AM
Gardening Club
(ART1)

11:30-12:30 PM
Browsing Library
(LOB)

12 PM LUNCH
(Multi1&2)

1 PM
Music in Motion
(DAN)

1-4 PM
Party Bridge
(Multi2)

1:30-2:30 PM
Pickleball Instruction
(Multi3)

2:30-4:30 PM
Beginner Pickleball
(Multi3)

FRIDAY

8/6

9-4:30 PM
Pickleball
Open Court
(Multi3)

10 AM
Current Events
Discussion
(ART2)

10:30 AM
Lunch Bunch @
Cheesecake Factory
(LOB)

12 PM LUNCH
(Multi1&2)

1 PM
Strength, Core &
Balance
(DAN)

1:30-4:30 PM
O'Heck
(ART1)

1:30-4:30 PM
Pickleball
Open Court
(Multi1,2)



AUGUST

Activities

MONDAY

8/9

9-11 AM
Ping Pong
(Multi2)

10-11 AM
Bingo
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART1)

10-11 AM
Tech 101
(COMP)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Stretch, Core & Balance
(DAN)

12 PM LUNCH
(Multi1&2)

12-4:30 PM
Pickleball
Open Court
(Multi3)

12-1 PM
Intro Line Dancing
(DAN)

1:30-2:45 PM
Beginner Line Dance
(Multi1&2)

2 PM
Advisory Board Interest
Meeting
(ART2)

TUESDAY

8/10

10 AM
Music in Motion
(DAN)

10-12 PM
Intro to Sewing
(ART1)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART2)

12 PM LUNCH
(Multi1&2)

12-2 PM
Badminton
(Multi3)

1 PM
Whiteboard Challenge
(ART2)

1:30-4:30 PM
Mahjong
(Multi2)

2 PM
Life Long Learning
Interest Meeting
(Multi1)

2-4:30 PM
Beginner Pickleball
(Multi3)

WEDNESDAY

8/11

9-12 PM
Beginner Pickleball
(Multi3)

9-11 AM
Ping Pong
(Multi2)

10-11:30 AM
Canasta & Mexican
Train
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART1)

11 AM
Tai Chi
(DAN)

12 PM LUNCH
(Multi1&2)

12-4:30 PM
Pickleball
Open Court
(Multi3)

1:30-4:30 PM
Poker
(Multi2)



THURSDAY

8/12

9 AM
Walking Club
(LOB)

9-1:30 PM
Pickleball
Open Court
(Multi3)

10-11 AM
Blood Pressure Check
Wellness Rm

10 AM
Conversational
Spanish
(ART2)

10-11:30 AM
Scrabble
(Multi2)

11 AM
Chinese Folk Dance
(DAN)

11 AM
Gardening Club
(ART1)

12 PM LUNCH
(Multi1&2)

1 PM
Music in Motion
(DAN)

1-4 PM
Party Bridge
(Multi2)

1:30-2:30 PM
Pickleball Instruction
(Multi3)

2:30-4:30 PM
Beginner Pickleball
(Multi3)

FRIDAY

8/13

9-4:30 PM
Pickleball
Open Court
(Multi3)

10 AM
Current Events Discussion
(ART2)

10-11 AM
Beginner Chess
(CLUB)

10 AM
Creative Corner:
"Thar She Blows"
Wind Chimes
(ART1)

10 AM
Beginner Line Dance
(DAN)

12 PM LUNCH
(Multi1&2)

12:30 PM
Lighting Up Your
Life Party
(Multi1&2)

1 PM
Strength, Core &
Balance
(DAN)

1:30-4:30 PM
O'Heck
(ART1)

2-4:30 PM
Pickleball
Open Court
(Multi1,2)

AUGUST

Activities

MONDAY

8/16

9-11 AM
Ping Pong
(Multi2)

10-12 PM
Knitting & Crocheting
Club (ART1)

10-11 AM
Tech 101
(COMP)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Stretch, Core & Balance
(DAN)

12 PM LUNCH
(Multi1&2)

12-4:30 PM
Pickleball
Open Court
(Multi3)

12:30-1:45 PM
Bingo!
(ART1)

12-1 PM
Intro Line Dancing
(DAN)

1:30-2:45 PM
Beginner Line Dance
(Multi1&2)

TUESDAY

8/17

10 AM
Music in Motion
(DAN)

10-12 PM
Intro to Sewing
(ART1)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART2)

12 PM LUNCH
(Multi1&2)

12-2 PM
Beachball Volleyball
(Multi3)

1:30-4:30 PM
Mahjong
(Multi2)

2 PM
Creative Corner:
Gem Stone Mason Jar
(ART1)

2-4:30 PM
Beginner Pickleball
(Multi3)

WEDNESDAY

8/18

9-12 PM
Beginner Pickleball
(Multi3)

9-11 AM
Ping Pong
(Multi2)

10-11:30 AM
Canasta & Mexican
Train
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART1)

11 AM
Tai Chi
(DAN)

12 PM LUNCH
(Multi1&2)

12-4:30 PM
Pickleball
Open Court
(Multi3)

12:30 PM
Matinee Movie:
Quigley Down Under
(CLUB)

1 PM
Group Crossword
(ART2)

1:30-4:30 PM
Poker
(Multi2)

THURSDAY

8/19

9 AM
Walking Club
(LOB)

9-1:30 PM
Pickleball
Open Court
(Multi3)

10-11 AM
Blood Pressure Check
Wellness Rm

10 AM
Conversational
Spanish
(ART2)

10-11:30 AM
Scrabble
(Multi2)

11 AM
Chinese Folk Dance
(DAN)

11 AM
Gardening Club
(ART1)

12 PM LUNCH
(Multi1&2)

1 PM
Music in Motion
(DAN)

1-4 PM
Party Bridge
(Multi2)

1:30-2:30 PM
Pickleball Instruction
(Multi3)

2:30-4:30 PM
Beginner Pickleball
(Multi3)

FRIDAY

8/20

9-4:30 PM
Pickleball
Open Court
(Multi3)

10 AM
Current Events
Discussion
(ART2)

10 AM
Out on the Town:
Shopping @ Compass
Walmart
(LOB)

10 AM
Beginner Line Dance
(DAN)

12 PM LUNCH
(Multi1&2)

1 PM
Strength, Core &
Balance
(DAN)

1:30-4:30 PM
O'Heck
(ART1)

1:30-4:30 PM
Pickleball
Open Court
(Multi1,2)

AUGUST

Activities

MONDAY

8/23

9-11 AM
Ping Pong
(Multi2)

10-11 AM
Bingo
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART1)

10-11 AM
Tech 101
(COMP)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Stretch, Core & Balance
(DAN)

12 PM LUNCH
(Multi1&2)

12-4:30 PM
Pickleball
Open Court
(Multi3)

12-1 PM
Intro Line Dancing
(DAN)

1:30-2:45 PM
Beginner Line Dance
(Multi1&2)



TUESDAY

8/24

10 AM
Music in Motion
(DAN)

10-12 PM
Intro to Sewing
(ART1)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART2)

12 PM LUNCH
(Multi1&2)

12-2 PM
Badminton
(Multi3)

12:30-2 PM
Paint & Sip:
Sunflowers & Sweet
Lemonade
\$5 Supply Fee Required
Sign-up @ front desk
(ART2)

1:30-4:30 PM
Mahjong
(Multi2)

2-4:30 PM
Beginner Pickleball
(Multi3)

WEDNESDAY

8/25

9-12 PM
Beginner Pickleball
(Multi3)

9-11 AM
Ping Pong
(Multi2)

10-11:30 AM
Canasta & Mexican
Train
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART1)

11 AM
Tai Chi
(DAN)

12 PM LUNCH
(Multi1&2)

12:30-1:30 PM
Lunch & Learn:
Bone Health for Seniors
(Multi1&2)

12-4:30 PM
Pickleball
Open Court
(Multi3)

1 PM
Flannan Isles Lighthouse
Mystery
(ART2)

1:30-4:30 PM
Poker
(Multi2)

THURSDAY

8/26

9 AM
Walking Club
(LOB)

9-1:30 PM
Pickleball
Open Court
(Multi3)

10-11 AM
Blood Pressure Check
Wellness Rm

10 AM
Conversational
Spanish
(ART2)

10-11:30 AM
Scrabble
(Multi2)

11 AM
Chinese Folk Dance
(DAN)

11 AM
Gardening Club
(ART1)

12 PM LUNCH
(Multi1&2)

1 PM
Music in Motion
(DAN)

1-4 PM
Party Bridge
(Multi2)

1:30-2:30 PM
Pickleball Instruction
(Multi3)

2:30-4:30 PM
Beginner Pickleball
(Multi3)

FRIDAY

8/27

9-4:30 PM
Pickleball
Open Court
(Multi3)

10 AM
Current Events Discussion
(ART2)

10-11 AM
Beginner Chess
(CLUB)

10 AM
Creative Corner:
Gem Stone Mason Jar
(ART1)

10 AM
Beginner Line Dance
(DAN)

12 PM LUNCH
(Multi1&2)

12:30 PM
Monthly Birthday
Bash
(Multi1&2)

1 PM
Strength, Core &
Balance
(DAN)

1:30-4:30 PM
O'Heck
(ART1)

2-4:30 PM
Pickleball
Open Court
(Multi1,2)

AUGUST

Activities

MONDAY

8/30

9-11 AM
Ping Pong
(Multi2)

10-11 AM
Bingo
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART1)

10-11 AM
Tech 101
(COMP)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Stretch, Core & Balance
(DAN)

12 PM LUNCH
(Multi1&2)

12-4:30 PM
Pickleball
Open Court
(Multi3)

12-1 PM
Intro Line Dancing
(DAN)

1:30-2:45 PM
Beginner Line Dance
(Multi1&2)

TUESDAY

8/31

10 AM
Music in Motion
(DAN)

10-12 PM
Intro to Sewing
(ART1)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART2)

12 PM LUNCH
(Multi1&2)

12-2 PM
Balloon Tennis
(Multi3)

1:30-4:30 PM
Mahjong
(Multi2)

2-4:30 PM
Beginner Pickleball
(Multi3)



ROOM KEY

- Lobby-LOB
- Dance Studio- DAN
- Computer Lab- COMP
- Game Room- GAM
- Art Classroom 115- ART1
- Art Classroom 116- ART2
- Club Room- CLUB
- Multipurpose 1- MULTI1
- Multipurpose 2- MULTI2
- Multipurpose 3- MULTI3

CLASS DESCRIPTIONS

Yoga- Instructor led.

Tech 101- Instructor led class teaching the basics in technology.

Pickleball Open Court- Drop-in play. Players will rotate after each game.

Intro Line Dancing- Instructor led for participants brand new to line dancing.

Beginner Line Dancing- Instructor led.

Music in Motion- Video based exercise class to music.

Intro to Sewing- Instructor led.

Tai Chi- Instructor led beginner level.

Creative Corner- Instructor led craft projects.

Pickleball Instruction- Instructor led class for beginners.

Beginner Pickleball- Court available for beginners to practice.

Current Events Discussion- Bring an article on a current or past event to discuss with the group. This is not a political discussion group.

Lunch Bunch- Self-pay outings to various area restaurants for lunch. Participants must sign-up at the front desk due to limited seating on the bus. There is a \$1 fee for the bus.

Strength, Core & Balance- Video based exercise.

Beginner Chess- Instructor led class.

Out on the Town- Self-pay outings to various shopping venues, museums or areas of interest. Participants must sign-up at the front desk due to limited seating on the bus. There is a \$1 fee for the bus.

White Board Challenge- Variety of games played on a white board.

Paint & Sip- \$5 supply fee required. Sign-up at front desk.

ASHBURN SENIOR CENTER

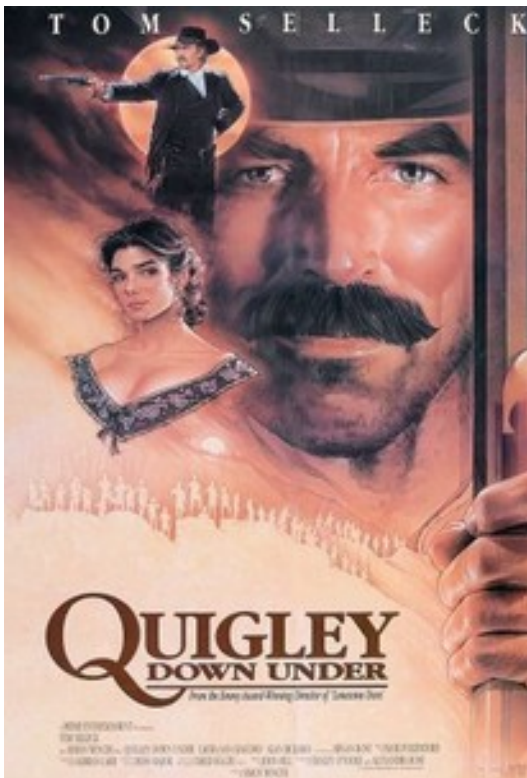
PRESENTS

Wednesday, August 4th @ 12:30PM



In Durham, N.C., the Bulls minor league baseball team has one asset no other can claim: a poetry-loving groupie named Annie Savoy (Susan Sarandon). As the team's season begins, Annie selects brash new recruit Ebby Calvin Laloosh (Tim Robbins), whom she christens "Nuke," to inspire with the religion of baseball. Nuke also receives guidance from veteran player Crash Davis (Kevin Costner), who settles Nuke's erratic pitching and teaches him to follow the catcher's lead.



Wednesday, August 18th @12:30PM



Matthew Quigley (Tom Selleck) is an American rifleman who travels to the Australian outback to answer a help wanted ad calling for a sharpshooter. When Quigley meets his employer, Elliot Marston (Alan Rickman), he's appalled to discover the job involves killing Aborigines. The two men fight, and when Quigley is knocked out, Marston leaves him and a local crazy woman (Laura San Giacomo) to die in a remote part of the outback. They're rescued, however, by Aborigines, and plot their revenge.

LUNCH MENU

August 2021 Senior Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Meatloaf Mashed Potato Green Beans Fruit Roll Milk</div>	<div>3</div> <div>Oven Fried Chicken Macaroni & Cheese Spinach Roll Fruit Milk</div>	<div>4</div> <div>Hot Dogs Baked Beans Tossed Salad Fruit Roll Milk</div>	<div>5</div> <div>Swedish Meatballs Rice Mixed Vegetables Roll Fruit Milk</div>	<div>6</div> <div>Baked Fish Scalloped Potato Vegetable Blend Fruit Roll Milk</div>
<div>9</div> <div>Stuffed Cabbage Corn Vegetable Medley Fruit Roll Milk</div>	<div>10</div> <div>Broccoli Quiche Glazed Apples Summer Squash Fruit Roll Milk</div>	<div>11</div> <div>Pork Chop Fettuccini Alfredo Spiced Applesauce Fruit Roll Milk</div>	<div>12</div> <div>Hawaiian Chicken Yellow Rice Oriental Vegetables Roll Milk</div>	<div>13</div> <div>Tuna Macaroni Salad Cheese Cubes Pickled Beets Roll Milk</div>
<div>16</div> <div>Chili Rice Tossed Salad Cornbread Fruit Milk</div>	<div>17</div> <div>Fish Sandwich Baked Potato Coleslaw Fruit Roll Milk</div>	<div>18</div> <div>Spaghetti / Meat sauce Garden Salad Roll Fruit Milk</div>	<div>19</div> <div>Italian Sausage Braised Cabbage Parslied Potatoes Roll Fruit Milk</div>	<div>20</div> <div>Chicken Salad on Bun Tortilla Chip Pasta Salad Fruit Roll Milk</div>
<div>23</div> <div>Lasagna Succotash Garden Salad Fruit Milk</div>	<div>24</div> <div>BBQ Chicken Red Beans & Rice Collard Greens Cornbread Fruit Milk</div>	<div>25</div> <div>Cheeseburgers Oven roasted Potato Tossed Salad Fruit Roll Milk</div>	<div>26</div> <div>Escalloped Chicken Green Beans Lima Beans Fruit Roll Milk</div>	<div>27</div> <div>Baked Ham Glazed Sweet Potato Spinach Fruit Roll Milk</div>
<div>30</div> <div>Salisbury Steak Macaroni/Cheese Mixed Vegetable Fruit Roll Milk</div>	<div>31</div> <div>Baked Fish Delmonico Potatoes Vegetable Medley Fruit Bread Milk</div>	<div>THANK YOU FOR YOUR GENEROUS DONATIONS!</div> <div></div> <div>Menu Subject to change due to the availability of products</div> <div></div> <div><div>Reservation Required</div><div>PLEASE reserve your lunch at least 24 hours before the day you would like to attend</div></div>		

SENIOR TRIPS NEWS



Announcing Additional Summer Day Trips and **A New England** in Fall Overnight Trip

If you are a Washington Nationals Fan and missed going to the games last year, we are pleased to announce that the NATS are welcoming back groups, and we have two trips scheduled for August.

We also have a great overnight trip to New England planned for October. It will be a beautiful time to travel and see fall foliage. You will find the details for each of these trips below. Registration will open for these 3 trips on Friday July 16th at 9:00am. You may register by calling (571) 258-3050 or (571) 258-3051. You may also register using Loudoun County's online registration system Webtrac. loudoun.gov/webtrac

If you would like a flier for the New England trip you can pick one up at any of the Senior Centers or you can call 571 258-3050 or 571 258-3051 for an emailed copy.

On August 12th we will begin registration for the Fall Trips. More information for Fall Trips and registration will be sent out in the end of July.

WASHINGTON NATIONALS VS. PHILLES

Welcome back to the Ballpark and come cheer for your home team Washington Nationals as they play the Phillies. Seats are in Section 110, under cover from the Sun or Rain. Game begins at 4:05pm. Price includes transportation and admission. Return time is estimate and may vary based on length of game. Moderate walking. Limited to 27.

446626-01 \$62/member, \$66/non-member

THUR 8/05

Depart: 1:00P from Carver; 1:30P from Wal-Mart Leesburg; 2:00P from Cascades

Return: 8:00P to Cascades; 8:30P to Wal-Mart; 9:00P to Carver

WASHINGTON NATIONALS VS. BLUEJAYS

Welcome back to the Ballpark and come cheer for your home team Washington Nationals as they play the Toronto Blue Jays. Seats are in Section 110, under cover from the Sun or Rain. Game begins at 4:05pm. Price includes transportation and admission. Return time is estimate and may vary based on length of game. Moderate walking. Limited to 27.

446627-01 \$62/member, \$66/non-member

WED 8/18

Depart: 12:45P from Dulles South; 1:30P from Wal-Mart Leesburg; 2:00P from Cascades

Return: 8:00P to Cascades; 8:30P to Wal-Mart; 9:15P to Dulles South

A NEW ENGLAND FALL

Covered Bridges, Scenic Railroads and Historic Inns 10/17 -10/24/21

With a backdrop of brilliant foliage and quaint little towns this picture-perfect Autumn trip features covered bridges, scenic railroads, unique museums, and historic Inns. With stops in Massachusetts, New Hampshire and Vermont you'll see the best that New England has to offer during the best time of year to see it! Includes 7 breakfasts, 3 lunches and 5 dinners. Extensive Walking. Limited to 50. Payable in 4 installments.

8 Days, 7 Nights

Trip Cost: For Double Occupancy \$2264/member \$2309/non-member

Single Occupancy \$3140/ member \$3185/non-member.

Trip # 946631-01



Loudoun County Area Agency on Aging

VIRTUAL SUPPORT GROUPS

FOR CAREGIVERS OF PEOPLE WITH MEMORY LOSS

THIRD SATURDAY OF EVERY MONTH | 10 AM

To register, please email aaasupport@loudoun.gov or call 571-258-3490.

FIRST WEDNESDAY OF EVERY MONTH | 4 PM - 5 PM

For more information, please call 703-771-5334.

FOR PEOPLE WITH EARLY STAGE DEMENTIA

SECOND WEDNESDAY OF EVERY MONTH | 10 AM - 11 AM

For more information, please email aaasupport@loudoun.gov or call 703-737-8741.



If you require an accommodation for any type of disability in order to participate, please call 571-258-3490 /TTY-711. Three business days advance notice is requested.



The Northern Virginia Senior Olympics returns in September 2021!

The Northern Virginia Senior Olympics (NVSO) Committee is happy to announce the opening ceremony will be held Saturday, September 18, at 9:30 a.m. at the Thomas Jefferson Community Center in Arlington. Events will take place September 18 through 30 at various venues throughout Northern Virginia. Registration will be open from Saturday, July 31 through Monday, September 6 and can only be made online.

Regretfully, not all events held in previous NVSO will be offered this year. However, Crossword Puzzle and Table Tennis Doubles & Mixed Doubles have been added as new events.

Thank you to our sponsoring jurisdictions, patrons, and volunteers for their generous support. NVSO would not be possible without you!

We look forward to your participation in NVSO 2021.

Our mission is to promote health, fitness and psychological well-being for senior adults by providing opportunities for participation, competition, self-improvement and fellowship through various athletic and recreational events.



TOKYO SUMMER GAMES WORD SEARCH

OLYMPIC SPORTS

T Y Y G C W Y U G F F L B S A I L I N G
 T R E S Y B H N Y O G M L C N L I P N U
 T E W J G M I O O O X N W A G N I W O R
 J H N U S T N T D F F M I R B C V J D A
 D C R N O P B A R N C E N X Y D S Q U K
 P R S O I A O E S A O O N C O K N X J T
 P A H W L S E R N T L W L C A B A A L R
 C S T L E S N O T H I I K T I J N L H I
 U L V H T I E A T C N C E E O N A B K A
 B T C Y L S G A I G L B S L A B G A L T
 A R L H P E T H T R O I O G Y T R G L H
 S E R R O N T R T A T P M E O A U N A L
 K O I E E C A I R L R S L B T L Z I B O
 E N X P U C K D C E I L E E I R F M E N
 T T B D K D I E T S O F L U J N T M S N
 B R Z L I N S A Y V N N T Y Q W G I A V
 A B E V G I W A L P M K S I G E K W B B
 L X I S I N N E T E L B A T N N O S H P
 L N D P K G N I L T S E R W C G B S W N
 G B A D M I N T O N L G N I F R U S R I

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.

ARCHERY
 ATHLETICS
 BADMINTON
 BASEBALL
 BASKETBALL
 BOXING
 BMX FREESTYLE
 CANOE SPRINT
 CYCLING TRACK

DIVING
 EQUESTRIAN
 FENCING
 FOOTBALL
 GOLF
 GYMNASTICS
 HANDBALL
 HOCKEY
 JUDO

KARATE
 PENTATHLON
 ROWING
 RUGBY
 SAILING
 SHOOTING
 SKATEBOARDING
 SPORT CLIMBING
 SURFING

SWIMMING
 TABLE TENNIS
 TAEKWONDO
 TENNIS
 TRIATHLON
 VOLLEYBALL
 WATER POLO
 WEIGHTLIFTING
 WRESTLING

COUNTY OFFERS FREE EDUCATION & SUPPORT FOR CAREGIVERS

The Loudoun County Area Agency on Aging (AAA) is offering free, virtual education sessions to help ease the burden and stress of caring for loved ones. The August/September series begins Tuesday, August 3, 2021. All sessions are held from 1:30 p.m. to 2:30 p.m. EST. The series includes the following sessions:

- Tuesday, August 3. "Providing Purpose and Safety for Wandering Behaviors" presented by Sally Gehl with the Eastern Loudoun Adult Day Center and Master Deputy Matthew Devaney with the Loudoun County Sheriff's Office
- Tuesday, August 10: "How to Handle Caregiver Stress and Burnout" presented by Rachael Wonderlin, MS, with Dementia By Day.
- Tuesday, September 21: "Legal Planning for Caregivers" presented by Rory Clark, Esq., with The Legacy Elder Law Center.
- Wednesday, September 29: "When and Why to Consider Memory Care" presented by Rachael Wonderlin, MS, with Dementia By Day.

To sign up for these free, virtual sessions, [email aaasupport](mailto:aaasupport). To learn more about AAA programs and community resources, visit loudoun.gov/aaa or call 703-777-0257 to speak with an aging programs specialist. The Area Agency on Aging is a division of the Loudoun County Department of Parks, Recreation and Community Services.

###

- [Sign up for text and email alerts about PRCS news and events.](#)
- Follow @loudounprcs on Facebook and other social media.

[Additional Info...](#)

**ASHBURN
SENIOR CENTER**

newsletter

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Ceola Grant
Manager



Aristotla Porras
Assistant Manager



Michele Ferris
Recreation
Programmer



Melissa Flores
Café Supervisor



Tatiana Holmes
Customer Service



Lori Stahl
Social
Worker

Senior Center of Ashburn
20880 Marblehead Drive
Ashburn, VA 20147
Tel: 571.367.8340
Fax: 571.367.8346

www.loudoun.gov/5563/Ashburn-Senior-Center

Area Agency on Aging
Parks, Recreation & Community Services

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